



Wheels In Motion

1824 Fowler St, Richland WA 99352

(509) 735-1911

www.seniorliferesources.org

It's not about us. It's about the people we serve.  Find us on Facebook

Kristi's Update

Here we are, already nearly at the end of another year! I look forward to enjoying Christmas with family, but I'm already looking ahead to 2023. As a person who loves change and embraces new things, I look forward to the beginning of every new day, week, and year as the start of something fun and exciting. People who receive emails from me will attest that I frequently end my message with *Happy Wednesday*, or *Happy New Week* (on Mondays), or *Happy New Month*. And now we're almost ready for a new year!

Like every year, there may be changes big or small ahead of us in 2023, and Meals on Wheels will be experiencing lots of fun, new things, just one of which is a change in our leadership. Cara Hernandez is currently working as our Associate Meals on Wheels Director, learning how and why we currently do things the way we do. In February, Cara will assume full responsibility as the new Director of Nutrition Services. She brings wonderful energy, ideas, and common sense to the position, and we are certain that she will lead the program to a great successes in the future. She's already looking ahead for ways to enhance and improve service for our seniors and our community.

As we look forward to new changes, I also think it's important to thank our wonderful staff and volunteers who have accomplished so much in 2022. By the end of 2022, we will have served about 210,000 meals to 2,000 seniors! Every one of those meals has been prepared and packaged in our Meals on Wheels central kitchen, an incredibly busy place! Our entire program is filled with busy, hard-working folks who all dedicate their time and energy to serving seniors, in a variety of capacities, performing an overflowing sleighful of tasks:

- Paperwork has to be completed for every client, whether they eat at a dining center or have their meals delivered to their homes.
- Volunteers have to go through background checks and orientations.
- Administrators write grant requests and reports.
- Our Human Resources and Finance teams make sure that staff gets paid and that we follow all the boring rules.
- Volunteers help with nearly every phase of meal preparation, service, & delivery.

As I finish my final December as a Meals on Wheels employee and look ahead to life changes, I want to wish everyone in our Meals on Wheels family a new year filled with happiness, good health, and wonderful changes. Happy Holidays!

Kristi Thien, Nutrition Services Director



For the past 14 years, Subaru and its retailers have funded the delivery of nearly four million meals and friendly visits to seniors served by Meals on Wheels programs across the country. And now, for the fifteenth year, Meals on Wheels has been selected yet again as one of the charity partners of Subaru's annual Share the Love Event.

From **November 17, 2022 through January 3, 2023**, Subaru of America and its retailers will donate **\$250** for every new vehicle purchased or leased to the customer's choice of participating charities.

Locally, McCurley Integrity Subaru has again selected Mid-Columbia Meals on Wheels as their "Hometown Charity" for the Subaru Share the Love Event. Although the other sponsored national charities are all excellent, Mid-Columbia Meals on Wheels is the only local charity who will receive funds to directly benefit seniors here in our community.

Holiday Giving Program

We are into December and Mary, Joan, & the fabulous team of Holiday Elves are busy matchmaking and fulfilling wishes! Just a quick reminder to please turn in your Holiday Giving Program wish lists if you haven't. We please ask that you return these forms to your driver by Wednesday, December 6, 2022.

Not a home delivery client and want to help fulfill Christmas wishes? Please stop by our Meals on Wheels office or café to pull a wish list tag from one of our Christmas trees! Every bit helps to make someone's holiday season a little bit brighter.

Thank You!

Congregate Fun!

For the month of December, dine in with us at one of our eight congregate dining sites, complete the holiday-themed crossword on the table, turn it in to the Site Manager, and be entered to win a prize! There will be a prize to win at each of our dining sites. See you for lunch!





Volunteer Spotlight

Natalie Huggins, Volunteer Manager

"Too often we underestimate the power of a touch, a smile, a kind word, a listening ear, an honest compliment, or the smallest act of caring, all of which have the potential to turn a life around." – Leo Buscaglia

Volunteer opportunities take many forms. Research is overwhelming on the benefits volunteering plays in the health of a community. Now that Meals on Wheels Dining Sites have re-opened, Legacy High School leadership students are returning to serving seniors. Leadership and English Language Arts teacher, Michelle Johnson, wrote a grant that received funding for art supplies and gas for a school bus so that students can deliver their handmade cards once a month to seniors at the Café Dining Site. Reflecting on the experience of having high school students visit the Café, Ray, a frequent diner, shared, "Having the kids here, it's like looking at Snoqualmie Falls. It begins with a little bit of water but by the time it comes out it is massive, it's fantastic, it's spectacular, it's magnificent to have them visit with us." Fred, another "regular" at the Café, when asked his opinion of the students' visits, gave two thumbs-up and said, "I am happy to see their smiling faces!"

The positive impact of this shared time together is not solely felt by the seniors. Johnson observed, *"Many of our students have family struggles and are without multi-generational bonds. Many feel that the world is just a place to survive. When they make holiday cards and deliver them to seniors, it matters. When they see the smiles on the faces of the Meals on Wheels clients, they smile too! This empowers them by offering them a positive direction. Alumni students, who visited the Kennewick Dining Site pre-Covid, still share with me how much fun they had spending time with the seniors".* Many thanks to the Legacy Leadership students, and all Mid-Columbia Meals on Wheels volunteers, who brighten the lives of local seniors. To learn about volunteer opportunities, contact Natalie Huggins, (509) 735-1911 or nhuggins@seniorliferesources.org.

MEALS ON WHEELS WELCOMES OUR NEWEST VOLUNTEERS to the TEAM!



Joy Bauman
Connell Driver



Ann Bell
Café Dining Site



Stephanie Burke
Richland Dining Site



Annette Busko
Special Projects



Ingrid Chronis
Kennewick Dining Site



Peter De Keles
Transport Driver



Don Edwards
Central Kitchen



Peggy Edwards
Central Kitchen



Ginger Farrants
Central Kitchen



Rosanne Frantz-Gaines
Pasco Dining Site



Rachel Fraser
Café Driver



Alan Gunter
Pasco Driver



Susan Kelley
Richland Dining Site



Diane Lewinski
Kennewick Driver



Paul Liniger
Pasco Driver



Jean Mitchell
Prosser Dining Site



Debbie Perdomo
Richland Driver



Michael Perdomo
Richland Driver



Oscar Perdomo
Richland Driver



Jennifer Pulsipher
Richland Dining Site



Linda Roening
Richland Driver



Michael Roening
Richland Driver



Patty Whitney
Prosser Dining Site

Have you heard of **MOWVAP?**

Meals On Wheels Volunteer Appreciation Program

Show your volunteer badge when patronizing the following businesses and receive:

- | | |
|---------------|--|
| Tire Discount | Les Schwab Tire Centers
Benton & Franklin Counties |
| 20% Off | The Neighborhood Cleaners
8903 W Gage Boulevard, Kennewick
(509) 735-7145 |
| 10% Off | Nothing Bundt Cakes
110 Gage Boulevard, Richland
(509) 392-7196 |
| 20% Off | Sub Zero Nitrogen Ice Cream
321 N Columbia Center Blvd, Kennewick
(509) 396-9402 |



Please thank these businesses for their support of the Meals on Wheels Volunteer Program.

Thank you, MOW Volunteer, for helping to deliver kindness!

Complimentary Dial-A-Ride Tickets!

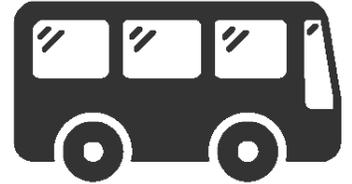
Did you know . . .

Meals on Wheels can provide Dial-A-Ride tickets to seniors who wish to eat at any of our senior dining sites, including our Cafe. We provide seniors with two Dial-A-Ride tickets each time they eat at our dining centers. One ticket gets them a ride home, and one ticket is ready for their return trip to the dining centers.

We purchase tickets using funding from Aging & Long Term Care. In addition, we have a benefactor who has donated many tickets for these rides. Riders must be registered in advance with Dial-A-Ride.

For more information regarding Dial-A-Ride tickets, please call your preferred dining site or our office at **509-735-1911**.

We love to help seniors come to our sites for a nutritious lunch with friends old and new!



Meals on Wheels strives to provide practical information to help you make healthy lifestyle choices. If you have any questions about your diet, please contact our Registered Dietitian, Samantha Mason, at 509-735-1911

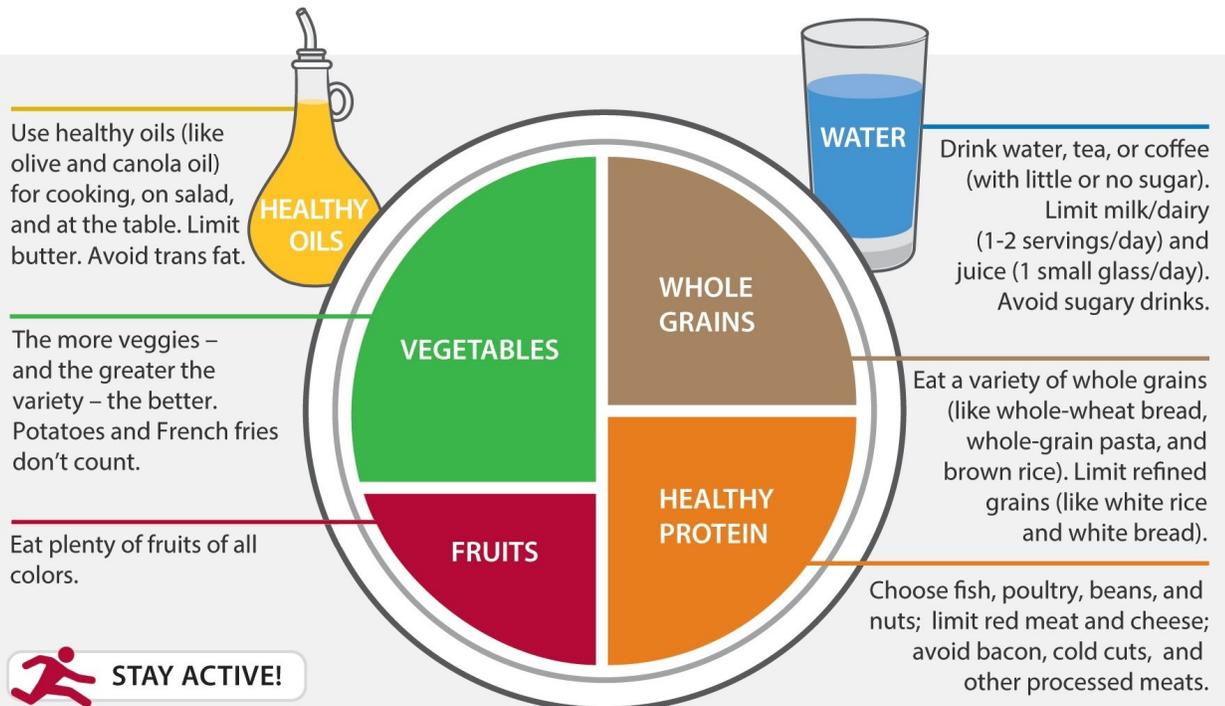
From the Dietician

Samantha Mason, R.D

This month's Dietician feature is a helpful graphic to consider when filling your plate. As shown in this image, fruits and vegetables should make up around half of your plate, while whole grains and protein will each take up about a quarter of your plate.

A couple more notes to keep in mind, drink a lot of water, limit your milk and dairy, and do your best to avoid sugary drinks. If you're able to, stay active. This of course looks different for everyone.

HEALTHY EATING PLATE



© Harvard University



Harvard T.H. Chan School of Public Health
The Nutrition Source
www.hsph.harvard.edu/nutritionsource

Harvard Medical School
Harvard Health Publications
www.health.harvard.edu



Flu in Adults Age 65 Years and Older What Are the Risks?

Adults **65+** are at increased risk of flu-related complications

**Pneumococcal
Pneumonia**
kills more than

18,000

older adults in the US
each year

Heart Attack risk
is increased by

3 to 5x

in the first 2 weeks
of infection

Stroke risk is
increased by

2 to 3x

in the first 2 weeks
of infection



High rates
of related
deaths and
hospitalizations
in adults 65+

78%

of all flu-related
hospitalizations

(more than 750,000 in US
2014-2015 flu season alone)

6x

more deaths from flu and
related complications

compared to all other age
groups combined

Annual vaccination is the best way to protect
yourself against the flu

Vaccines are safe and
effective and reduce
the risk of flu and
related complications



Immune systems decline as adults age. Certain
vaccines are available to help boost immune
response, specifically in adults 65+:



High-dose vaccines
contain **4X more
antigen** than
standard-dose
vaccines



Adjuvanted flu
vaccines contain an
ingredient that **helps
create a stronger
immune response**

If a specific flu vaccine is not available in your area,
don't delay! Vaccination with any available influenza
vaccine is recommended and will still provide protection.



www.nfid.org/flu

A Very Merry Senior Celebration!

PRESENTED BY

active  life

Senior Holiday Celebration!

Our good friends over at active4life are planning a wonderful Senior Holiday Celebration on Thursday, December 8 at 12:00 pm! They have asked us to cater the event, and we will be serving up a lasagna lunch with salad, vegetable, and breadstick. There will be coffee, hot tea, hot cocoa, and a dessert bar, not to mention bingo and a photo booth! The event is free for seniors to attend. Please pre-register at [Eventbrite.com](https://www.eventbrite.com) and search for "senior holiday celebration." We look forward to seeing you!

Save the Date!

- December 2 — City of Richland Festival of Lights Kickoff
- December 6 — Holiday Wish List return date
- December 8 — active4life Senior Celebration
- December 13 — Birthday Cake & Coffee at Richland Community Center
- December 26 — Meals on Wheels is closed

Soup, Salad, Sandwich is BACK!

This month, an old favorite is back in the Café! Many of you have asked for it, and we have now brought back the Soup, Salad, and Sandwich option in the Café. When you arrive, please complete your order at your table and be sure to indicate the items you'd like. You can choose which bread you'd like, meat, veggies, and condiments. Tobin is doing an excellent job navigating her way around the new menu items and we are pleased to offer another option for lunch.

Client Survey Coming Soon!

Soon we will be sending out our client survey and we are hopeful you will take the time to complete and return it. These surveys help us better understand what you enjoy, what you dislike, what we could be doing better, or what you'd like to see from our program. Your responses will inform our decision making, provide feedback on our services, and help us identify any areas for improvement as we enter a new year. Thank you in advance for taking time to complete and return the survey. We couldn't do what we do without you!

Winter resource information is available from the **Benton Franklin Community Action Committee (CAC)**. You can call CAC and request an application for assistance with your utility bills and ask them about their weatherization program. CAC is a great community agency and does a lot of great work for the citizens of Benton and Franklin counties. You can call to request assistance at **(509) 545-4042**.

Winter and the Blues Winter and holidays can be a joyful time, but it can also be a time when we experience sadness and symptoms of depression. Some signs to look out for include: changes in mood, increased irritability, sadness, feelings of guilt or shame, increased anxiety, fatigue, loss of interest in usual activities, trouble concentrating, or thinking about death. Depression is common and there are ways to treat it, but sometimes it can be difficult to know where to turn. If you are having thoughts of suicide or self harm, you can call the **Crisis Lifeline at 988**. If you are not in crisis, please reach out to your primary care provider as there may be assistance in the form of medications or counseling with a therapist. You don't have to do it alone.

NEW TO OUR TEAM!

Welcome, Jessica!!



We're happy to announce that Jessica Scheer has joined our team as a Service Coordinator. She will meet with our clients (new and existing) to help start services or for reassessments. Jessica was born in Othello, WA but grew up in Olympia, WA before finally landing in the Tri-Cities in 2003. Jessica is friendly, adventurous, and somehow simultaneously a little introverted. She is a mother of 3 kids named Elizabeth, Jay, and Bryan;

2 dogs named Charlie and George; and the cutest gray cat named Pepperjack.

Before Meals on Wheels, Jessica worked in Children and Youth Behavioral Health as a care coordinator and other roles for about 10 years. She also had a small daycare at home.

Jessica's hobbies include camping, traveling, spending time with friends and family, and watching all things related to True Crime.

Jessica is very approachable, friendly, and an adaptive learner who likes to laugh. She is also someone who honors people's individual uniqueness. We're so happy to have her on board the Meals on Wheels team!

Welcome, Deborah!!



We're happy to announce that Deb Hawkins will be our newest Richland Site Lead, she will supervise the preparation, delivery, and service of hot meals for our Richland clients.

Deb was born and raised in Colorado but decided to move to the Tri-Cities in 2003. Before Meals on Wheels, Deb worked as a dental assistant/scheduler for 38 years! Soon after, Deb would

become a volunteer driver in Kennewick. Once she saw a Roving Site Lead position available, Deb jumped at the opportunity and learned about our program and all eight of our sites. Once available, she transitioned into the Richland Site Lead role permanently and we are so excited!

Deb enjoys camping, scrapbooking, card making, and spending time with her grandchildren. Speaking of, Deb has 2 sons, 3 grandchildren, 2 Yorkie poodles, 1 black lab, 7 chickens, and 1 cat. Deb brings a lot of experience to the table, and she is a quick learner, reliable, and fits in with us wonderfully. We are so happy to have her on board!!

Welcome, Kathy!!



We're happy to announce that Kathy Estrada has been hired as our newest Roving Site Lead. She has been with us now for a couple of months, so some of you may have had the opportunity to meet her. Kathy will provide coverage at all our sites for staff vacations, sickness, and cross-training.

Kathy was born in Arizona and moved all over the U.S. as her husband's job often had them roaming around. Recently Kathy has decided to come back to Kennewick.

Some of you may know this, but Kathy was a Kennewick Site Lead in 2008. Unfortunately, she moved and then worked in pipeline safety before owning a steak house. She has a wealth of knowledge and we are glad she returned to our program.

Kathy enjoys retelling all her sagas about her life, her children, and her grandchildren. We are very thankful to have Kathy back onboard with Meals on Wheels.

Welcome, Jarel!!



We're happy to announce that Jarel Jackson has been hired as our newest transporter. He delivers meals to our Kennewick Site and Adult Day Services. Jarel was born in California, lived in Vancouver, WA, and then relocated to the Tri-Cities.

Jarel has a few hobbies, but mainly likes to be with his friends, either playing basketball, watching movies, or going on road trips. Jarel worked for Enterprise washing and moving cars from city to city. Luckily for us, after seeing the available position here at, he jumped at the opportunity. Jarel enjoys making people laugh and he has a great sense of humor; he tries to ensure everyone he works with has a great day.

Jarel has a cute dog named Nova, and as mentioned prior, he is a huge basketball fan and his favorite team is the Seattle Super-sonics. (Woohoo, let's bring them back!) We are so happy to have him join our Meals on Wheels team!!

Meals on Wheels, a program of Senior Life Resources NW, is funded by Aging and Long Term Care of Southeastern Washington, United Way of Benton & Franklin Counties, Prosser UGN, Kennewick CDBG and your donations. This community meals program does not discriminate in providing services on the grounds of race, creed, color, religion, national origin, gender, age, marital status, sexual orientation, political ideology, or the presence of any sensory, mental or physical handicap.

From our Food Services Manager

By Brian Kinner

The End of Another Year!

The holiday season is here, and with that comes the end of another year! Decorations are up, plans are being made for gatherings, and travel is on the horizon. During this time, like many others, I like to reflect on the year and give thanks.

First off, I would like to thank our clients. There have been many changes throughout the year, some of which have made minimal impact, where others have created much larger ripples, and the change was felt by everyone. Our clients have shown great patience and understanding through everything, and we appreciate the opportunity to continue serving each and every one.

Secondly, I would like to thank our wonderful volunteers. Throughout the years, and especially this year as we get back to a new "normal," you have continued to support us and graciously donate your time, talent, and resources to help us achieve our goals. Without each and every one of you, we would not be able to accomplish our mission of preserving and enhancing the quality of life at home with dignity and care.

Finally, but certainly not the least important, I would like to thank the staff and my team members at Senior Life Resources. Each day you all show up and tackle any obstacle thrown our way. Your flexibility and determination is inspiring. I am honored to be part of such a wonderful organization.

Throughout the year, Meals on Wheels and Senior Life Resources have overcome many obstacles and challenges. Despite the staffing shortages and supply issues, everyone has pushed through to overcome and provide the our services to the best of our ability.

As we look forward to a new year, we are excited for what is to come. We have lots of new things in the works, so be on the lookout and join us as we continue to find ways to serve our clients and community.

Wishing you a wonderful holiday season filled with many joyous occasions, as well as good health to everyone and their families!

As always, if you have any questions or comments, please contact me: bkinner@seniorliferesources.org or 509-735-1911.

Happy Holidays!

Z	G	K	Y	Z	R	K	I	S	S	K	S	M	E	C	Celebrate	Christmas
W	L	L	O	M	W	E	Y	K	W	D	A	Y	C	E	Diwali	Festive
X	I	W	H	A	G	A	T	Z	K	S	M	A	I	L	Gather	Winter Solstice
I	T	N	N	A	D	S	B	N	U	M	T	M	T	E	Hanukkah	Holidays
R	K	Z	T	I	O	G	F	V	I	Y	S	L	S	B	Ice	Icicles
B	A	H	L	E	C	I	I	U	J	W	I	H	L	R	Kwanzaa	Lunar New Year
A	E	O	F	T	R	T	C	Q	U	F	R	A	O	A	Snow	Winter
R	H	T	Z	R	S	S	S	K	X	V	H	N	S	T		Words can go in any direction. Words can share letters as they cross over each other.
S	Q	E	W	E	I	N	O	C	W	G	C	U	R	E		
H	J	G	F	W	O	A	S	L	R	X	C	K	E	X		
X	F	Y	C	W	B	D	W	C	S	J	R	K	T	S		
W	V	P	D	I	W	A	L	I	I	T	R	A	N	P		
F	E	S	T	I	V	E	E	D	H	F	I	H	I	J		
R	A	E	Y	W	E	N	R	A	N	U	L	C	W	Q		
S	E	L	C	I	C	I	K	A	B	M	P	F	E	T		

Thank you for another wonderful year with Meals on Wheels.

We appreciate each and every one of you and we'll see you in 2023!



Mid-Columbia Meals on Wheels

A program of Senior Life Resources NW

www.seniorliferesources.org or 509-735-1911

1824 Fowler St. Richland, WA

December 2022

Meals for seniors age 60+ are provided free-of charge on a donation-only basis.

Monday Tuesday Wednesday Thursday Friday

<p>You are asked to self-monitor what you consume. We are unable to provide specialized or allergy diets. With adequate notice, a substitute frozen meal may be provided upon request. Meals on Wheels will not be held responsible for food safety or quality of items after meals leave our oversight. Leftovers should be refrigerated immediately and eaten within 2 days. Thank you!</p>				
			1 Apple Pork Chop Mashed Sweet Potatoes Broccoli Normandy Fruit, Milk	2 Beef Stir Fry Fluffy Rice Asian Vegetables Tossed Salad Fruit, Milk
5 Turkey & Rice Casserole Green Beans Tossed Salad Fruit, Milk	6 Swiss Steak Mashed Potatoes Garden Vegetables Fruit, Milk	7 Cranberry Chicken Confetti Rice Peas & Onion Fruit, Milk Chocolate Pudding*	8 Beef Lasagna Italian Vegetables Caesar Salad Breadstick Fruit, Milk	9 Pulled Pork Sandwich Baked Beans Coleslaw Fruit, Milk
12 Lemon Pepper Cod Fluffy Rice Green Peas Fruit, Milk	13 Swedish Meatballs Egg Noodles Broccoli Fruit, Milk	14 BBQ Chicken Roasted Carrots Potato Salad Cornbread Fruit, Milk	15 Roast Beef w/ Gravy Mashed Potatoes Italian Vegetables Wheat Roll, Fruit Ice Cream*, Milk	16 Chicken Pot Pie Squash Medley Tossed Salad Fruit, Milk
19 Smothered Pork Chop Mashed Potatoes Garden Vegetables Fruit, Milk	20 Chicken Fajitas Rice & Beans Flour Tortilla Fruit, Milk	21 Sloppy Joes Mixed Vegetables Coleslaw Fruit, Milk	22 Baked Ham Raisin Sauce Green Bean Casserole Au gratin Potatoes Wheat Roll, Fruit, Milk Gingerbread Cake*	23 Chicken Parmesan Casserole Cauliflower with Red Peppers Fruit, Milk
26  Sorry! We're closed. Happy Holidays!	27 Sweet & Sour Pork Fluffy Rice Asian Vegetables Fruit, Milk	28 Dijon Chicken Sweet Potato Mash Seasoned Beets Fruit, Milk	29 Hamburger Baked Beans Apple Cabbage Slaw Lettuce, Tomato, Onion Fruit, Milk	30 Chicken Alfredo Broccoli Breadstick Fruit, Milk

*Dessert items are served occasionally, and all clients receive the dessert unless they have explicitly indicated that they do not want desserts. We apologize if we inadvertently serve you a dessert in error, and we ask you to please dispose of the item.

Meal Service Options

Home Delivered Meals: Available in Tri-Cities, Benton City, & Prosser 4 days a week, Monday through Thursday.

Client Eligibility: 60+ years old, primarily homebound, unable to cook, no meal support.

Hot and/or frozen meals are available, up to 7 meals per week.

Senior Dining Centers: Meals are served at 11:30, Monday through Friday, **with advance reservations.**

Kennewick Community Center	500 S Auburn	509-585-4241	
Richland Community Center	500 Amon Park Dr	509-943-0779	
Benton City Desert Rose Complex	510 14th St	509-588-3094	
Pasco First Avenue Center	505 N 1st Ave	509-543-5706	
Pasco Ray Pfleuger Center	253 Margaret St	509-545-2169	
Prosser Community Center	1231 Dudley	509-786-1148	
Connell Community Center	211 E Elm (Tues-Fri)	509-234-0766	** (Tues—Friday)

Meals on Wheels Café: Meals are served 11 am to 1 pm, Monday—Friday. No reservations required **at this location only.**

1834 Fowler, Richland 509-736-0045